

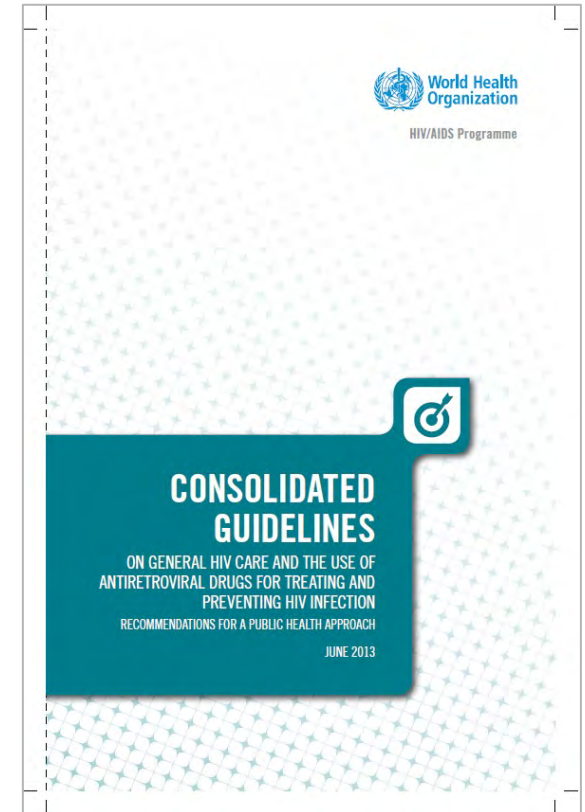
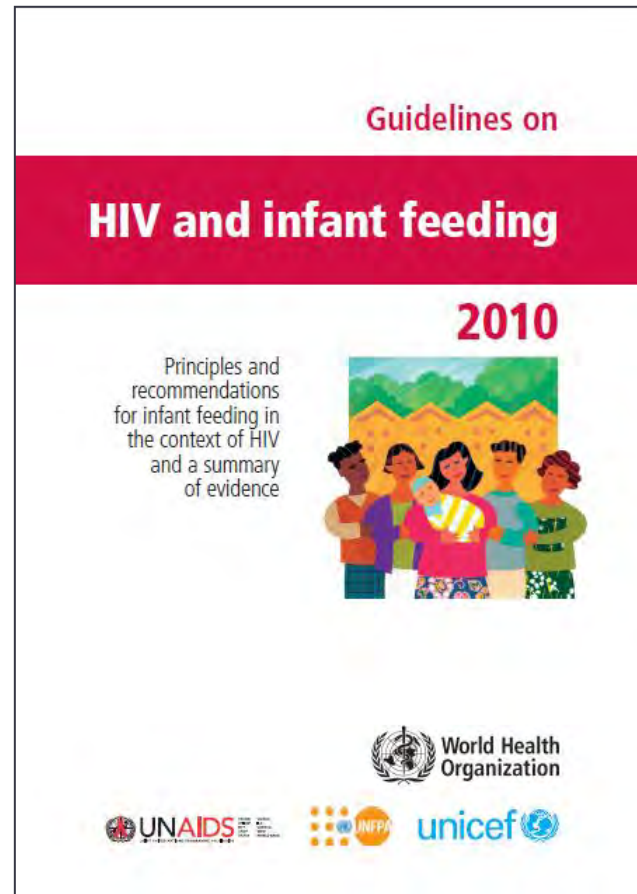
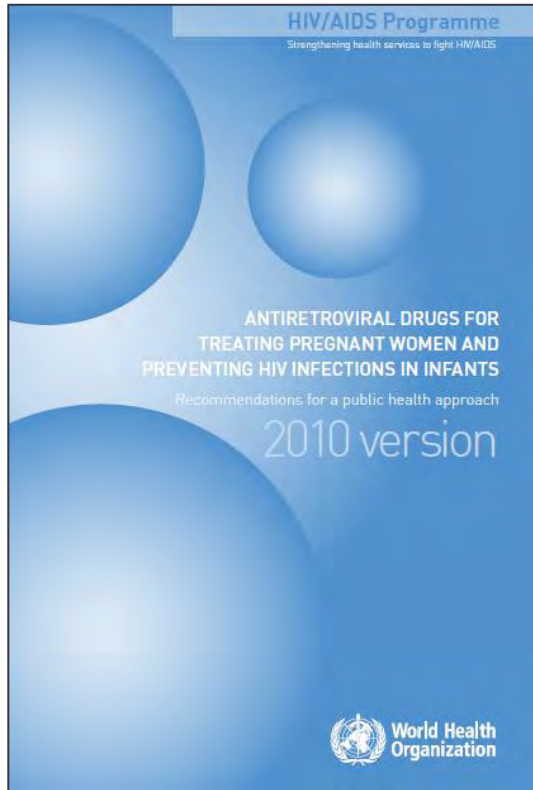
HIV AND INFANT FEEDING

UPDATED WHO GUIDELINES, OCTOBER 2015

Nigel Rollins

Maternal, Newborn, Child and Adolescent Health

WHO guidelines



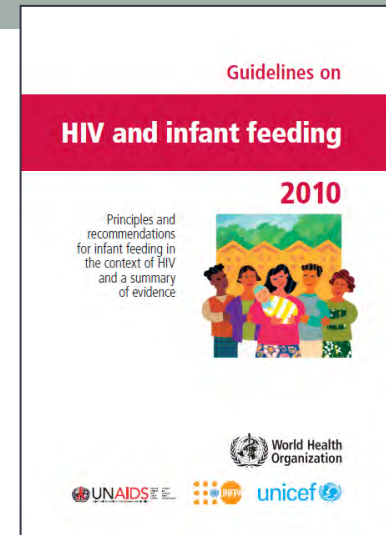
<http://www.who.int/hiv/en/>

Setting national recommendations for infant feeding in the context of HIV

National (or sub-national) health authorities should decide whether health services will principally counsel and support mothers known to be HIV-infected to:

- breastfeed and receive ARV interventions, or,
- avoid all breastfeeding,

as the strategy that will most likely give infants the greatest chance of **HIV-free survival**.



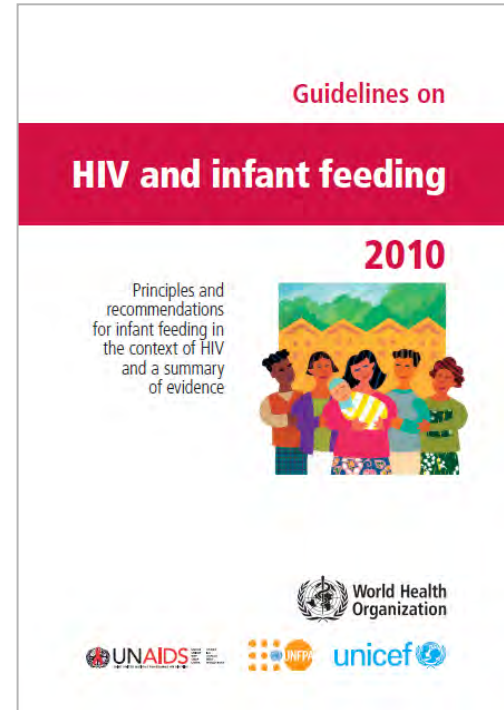
This decision should be based on international recommendations and consideration of the socio-economic and cultural contexts of the populations served by Maternal and Child Health services, the availability and quality of health services, the local epidemiology including HIV prevalence among pregnant women and main causes of infant and child mortality and maternal and child under-nutrition

... in settings where national authorities decide to promote and support BF and ARVs ...

Which breastfeeding practices and for how long?

Mothers known to be HIV-infected (and whose infants are HIV uninfected or of unknown HIV status) should exclusively breastfeed their infants for the first 6 months of life, introducing appropriate complementary foods thereafter, and continue breastfeeding for the first 12 months of life.

Breastfeeding should then only stop once a nutritionally adequate and safe diet without breast milk can be provided.



22 UNAIDS priority countries (2012)

- The vast majority have adopted Breastfeeding with ARVs as policy

Questions raised

Can a country recommend exclusive breastfeeding and ARVs to HIV-infected mothers even when rates of EBF are low?

Do HIV-infected mothers really need to stop breastfeeding, especially if they are on lifelong ART?

Do ARVs reduce transmission if the mother does not exclusively breastfeed?

Is it important to promote exclusive breastfeeding if ARVs are effective even when mothers mix feed?

How to give health workers confidence to want to recommend HIV-infected mothers to breastfeed while receiving ART/ARVs?



Barriers to implementing WHO's exclusive breastfeeding policy for women living with HIV in sub-Saharan Africa: an exploration of ideas, interests and institutions

by Eamer, GG and Randall, GE

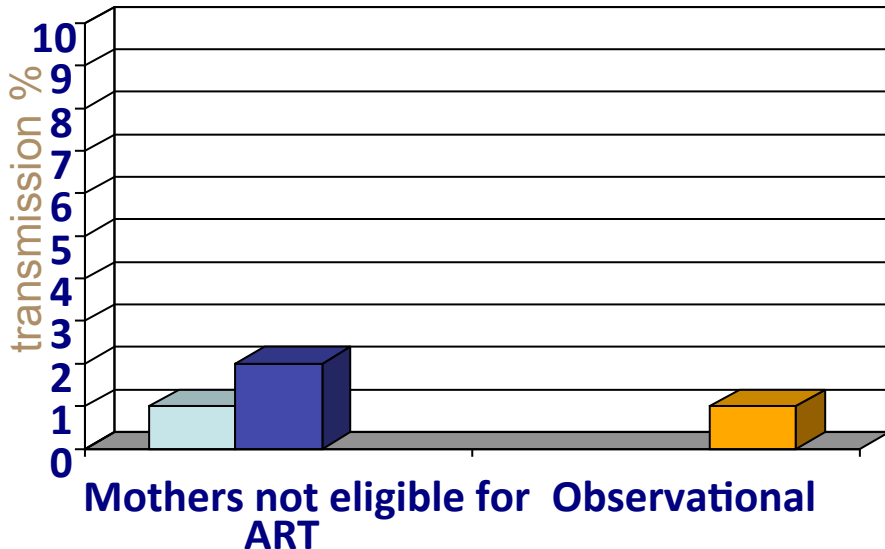
[Int J Health Plann Manage.](#) 2013 Jul-Sep;28(3):
257-68

'Findings suggest that WHO Guidelines on preventing vertical transmission of HIV through exclusive breastfeeding in resource-limited settings are not being translated into action by governments and front-line workers because of a variety of structural and ideological barriers.'

Mma bana study

2 randomised arms and one observational

Mothers not eligible for ART received either:
 lopinavir/ritonavir and combivir } for 6m
 or abacavir/AZT/3TC } while BF
 Mothers eligible for ART – outcomes observed



1248 pregnant women referred to study sites. After counselling about study interventions, 110 (8.8%) declined enrolment as preferred to give formula feeds.

Antiretroviral Regimens in Pregnancy and Breast-Feeding in Botswana

R.L. Shapiro, M.D., M.P.H., M.D. Hughes, Ph.D., A. Ogwu, M.B., B.S., D. Kitch, M.S., S. Lockman, M.D., C. Moffat, M.B., Ch.B., M.P.H., J. Mathema, M.B., Ch.B., M.R.C.P., S. Mayo, M.P.H., I. Thior, M.D., K. McIntosh, M.D., E. van Widenfeld, B.S., J. Leidner, M.S., K. Powis, M.D., M.P.H., A. Assefash, M.D., M.P.H., E. Tumbare, M.B., Ch.B., S. Zwerski, M.S.N., U. Sharma, Ph.D., M.P.H., E. Handelsman, M.D., K. Mburu, B.Pharm., O. Jayeoba, M.B., Ch.B., E. Moko, M.B., Ch.B., S. Souza, M.D., E. Luboga, M.D., M. Akhtar, M.B., Ch.B., C. Wester, M.D., M.P.H., R. Tuomola, M.D., W. Snowden, Ph.D., M. Martinez-Tristan, M.D., L. Mazhani, M.D., and M. Essex, D.V.M., Ph.D.

ABSTRACT

BACKGROUND

The most effective highly active antiretroviral therapy (HAART) to prevent mother-to-child transmission of human immunodeficiency virus type 1 (HIV-1) in pregnancy and its efficacy during breast-feeding are unknown.

METHODS

We randomly assigned 560 HIV-1-infected pregnant women (CD4+ count, ≥ 200 cells per cubic millimeter) to receive cotrimoxazole, abacavir, zidovudine, and lamivudine (the nucleoside reverse-transcriptase inhibitor [NRTI] group) or lopinavir-ritonavir plus zidovudine-lamivudine (the protease-inhibitor group) from 26 to 34 weeks' gestation through planned weaning by 6 months post partum. A total of 170 women with CD4+ counts of less than 200 cells per cubic millimeter received nevirapine plus zidovudine-lamivudine (the observational group). Infants received single-dose nevirapine and 4 weeks of zidovudine.

RESULTS

The rate of virologic suppression to less than 400 copies per milliliter was high and did not differ significantly among the three groups at delivery (96% in the NRTI group, 95% in the protease-inhibitor group, and 94% in the observational group) or throughout the breast-feeding period (92% in the NRTI group, 93% in the protease-inhibitor group, and 95% in the observational group). By 6 months of age, 8 of 709 live-born infants (1.1%) were infected (95% confidence interval [CI], 0.5 to 2.2); 6 were infected in utero (1 in the NRTI group, 1 in the protease-inhibitor group, and 1 in the observational group), and 2 were infected during the breast-feeding period (in the NRTI group). Treatment-limiting adverse events occurred in 2% of women in the NRTI group, 2% of women in the protease-inhibitor group, and 1% of women in the observational group.

CONCLUSIONS

All regimens of HAART from pregnancy through 6 months post partum resulted in high rates of virologic suppression, with an overall rate of mother-to-child transmission of 1.1%. (ClinicalTrials.gov number, NCT00270296.)

Where we want to be

- Where HIV-infected mothers do not need to think about their status when they feed their infants.
 - Zero risk of HIV transmission
 - HIV-infected mothers have confidence in the benefits of BF and can benefit from all social and health aspects of breastfeeding
 - Health workers have confidence to promote and support BF
 - Breastfeeding does not have any negative connotation
 - Where HIV investment to promote and support breastfeeding among HIV-infected mothers, can also support breastfeeding among the general population and *vice versa*
 - **Where HIV-free survival and development is the metric of success**

Guideline process

- **Four areas reviewed**

(mainly with respect to countries where BF is recommended and ART is provided)

- For how long should a mother living with HIV breastfeed her infant/child if she is being supported with ART?
- Should women living with HIV be supported in their infant feeding practices?
- If mothers living with HIV are mixed feeding, are ARVs still protective against postnatal transmission?
- If mothers with HIV plan to return to school/work, should she breastfeed for shorter than recommended (e.g. 12 months) or never breastfeed at all?

- **Three additional discussion points**

- What to recommend in emergencies and humanitarian disasters?
- What are the implications for routine M&E?
- How should updated guidelines be disseminated in order to improve IFP in HIV prevalent settings incl. opportunities to improve practices in the general population

WHO recommendations on ART

- 2010 Guidelines on HIV and infant feeding are intrinsically linked to updated recommendations on ART
- WHO recommendations on antiretroviral treatment between 2010 and 2015 evolved from
 - Lifelong treatment only for pregnant women and mothers fulfilling specific immunological or clinical criteria AND antiretroviral drug prophylaxis either to breastfeeding infants (option A) or to lactating mothers (option B), **TO**
 - Lifelong treatment for all pregnant women and mothers, **TO**
 - Lifelong treatment for all, from whenever diagnosed.

For how long should a mother living with HIV breastfeed her infant?

(in settings where BF and ART is recommended)

- In settings where health services provide and support lifelong antiretroviral therapy, including adherence counselling, and promote and support breastfeeding among women living with HIV, the duration of breastfeeding should not be restricted.
- Mothers living with HIV should breastfeed for at least 12 months and can continue breastfeeding for up to 24 months or longer (as for the general population) while being fully supported for ART adherence.

(Strong recommendation; Quality of evidence: up to 12 months – low quality; to 24 months – very low quality)

Infant feeding support for mothers living with HIV

- National and local health authorities should actively coordinate and implement services in health facilities and activities in workplaces, communities and homes to protect, promote and support breastfeeding* among women living with HIV.

(Strong recommendation; Quality of evidence: high quality)

When mothers living with HIV do not exclusively breastfeed

- Mothers living with HIV and healthcare workers can be reassured that ARV treatment is effective at reducing the risk of postnatal HIV transmission in the context of mixed feeding and that mixed feeding in itself is not a reason to stop breastfeeding.

(Guiding statement in settings of sub-optimal practices)

When mothers living with HIV plan to breastfeed for less than 12 months

- Mothers living with HIV and healthcare workers can be reassured that shorter durations of breastfeeding less than 12 months are better than never initiating breastfeeding at all.

(Guiding statement in settings of sub-optimal practices)

Questions / clarifications

- New recommendations / guiding statements
 - Principle (2010)
 - National (or sub-national) health authorities should decide whether health services will principally counsel and support mothers known to be HIV-infected to:
 - **breastfeed and receive ARV interventions, or,**
 - **avoid all breastfeeding,**
- as the strategy that will most likely give infants the greatest chance of **HIV-free survival.**

Implications for responses in humanitarian disasters and emergency settings

- Principles of response discussed
 - Conflict / (recurrent) disasters / fragile states
- Major challenge to collect data in these settings
- Need to adapt existing recommendations to emergency context and develop principles for decision making re. how to respond according to context and nature of setting
- Formal consultation planned at WHO, Geneva – Q4

Dissemination

- Build on existing programmes and link with systems designed around ART
- Communication strategy needed for communities and health workers
- Need to engage professional associations
- Engaging and working with networks of mothers living with HIV

Next steps (1)

- ✓ Disseminate main points
 - ✓ Regional workshops and information dissemination
 - ✓ IATT webinar
- ✓ Update training materials
- ✓ Translate into relevant languages (French, Spanish, Russian)



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Series

KG

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Breastfeeding 2



Why invest, and what it will take to improve breastfeeding practices?

*Nigel C Rollins, Nita Bhandari, Nemat Hajeebhoy, Susan Horton, Chessa K Lutter, Jose C Martines, Ellen G Piwoz, Linda M Richter, Cesar G Victora, on behalf of The Lancet Breastfeeding Series Group**

Despite its established benefits, breastfeeding is no longer a norm in many communities. Multifactorial determinants of breastfeeding need supportive measures at many levels, from legal and policy directives to social attitudes and values, women's work and employment conditions, and health-care services to enable women to breastfeed. When

This is the second in a Series of two papers about breastfeeding

*Members listed at the end of

Implications for M&E systems

- What do we need to know?
 - National data
 - Retention
 - **BF duration and method**
 - Child HIV infections
 - Child mortality
 - Maternal mortality
 - Viral load
 - Routine program data
 - Infant and maternal nutrition status
 - ARV coverage
 - (Morbidity)
- Implications for global estimates of paediatric infections

Next steps(?): reinstate IFP as a priority and focus for HIV programmes

- ✓ Systematic collection of high value data
 - ✓ BF practices and ART cover among mothers living with HIV
 - ✓ Establish sentinel sites in 4-5 countries
- ✓ Strategic engagement with 2-3 countries to mark the direction of things to come (feasibility and outcomes) and normalise BF.
E.g.
 - ✓ East and Southern Africa e.g. Botswana, Kenya and South Africa
 - ✓ Haiti
 - ✓ Tajikistan, Kyrgyzstan
- ✓ Engage networks of mothers living with HIV
- ✓ Strategy to engage, and win hearts and confidence of health professionals (incl. associations) and communities
- ✓ Convene a meeting to review infant feeding principles and responses in HIV prevalent emergency settings

New HIV and Infant Feeding Guidelines

Implications for Monitoring Systems

Webinar

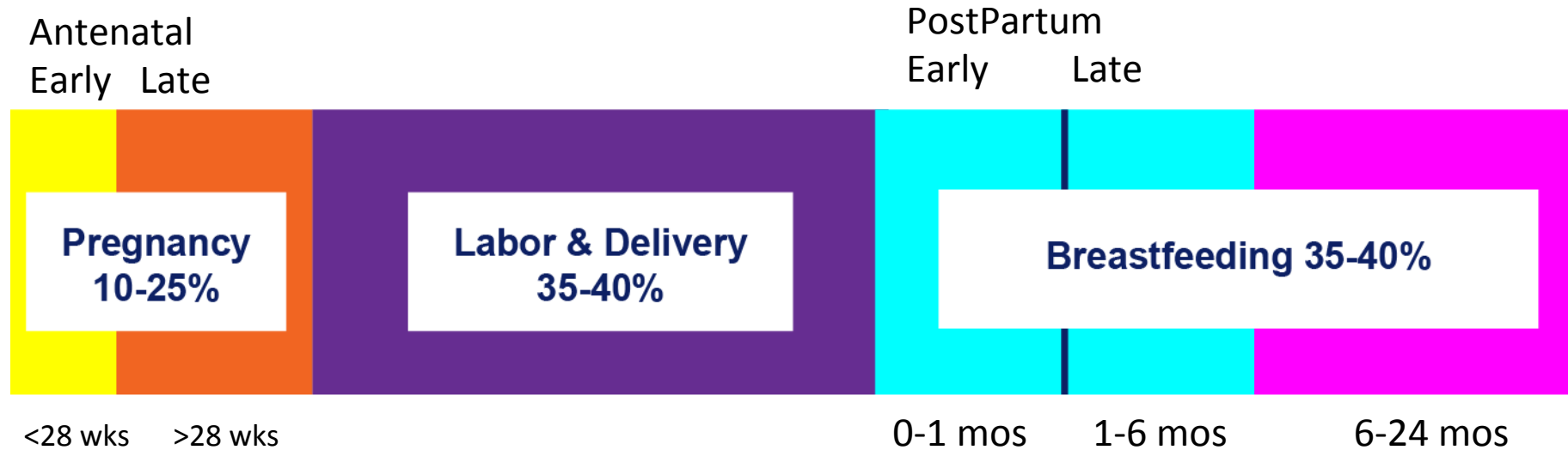
May 17, 2016

Objectives

- Review data on postpartum risk of mother-to-child infection, infant feeding practices among general population and consider implications for monitoring infant feeding period among HIV positive women
- Present key considerations for aligning the existing monitoring systems on HIV and infant feeding to the new WHO/UNICEF guidelines

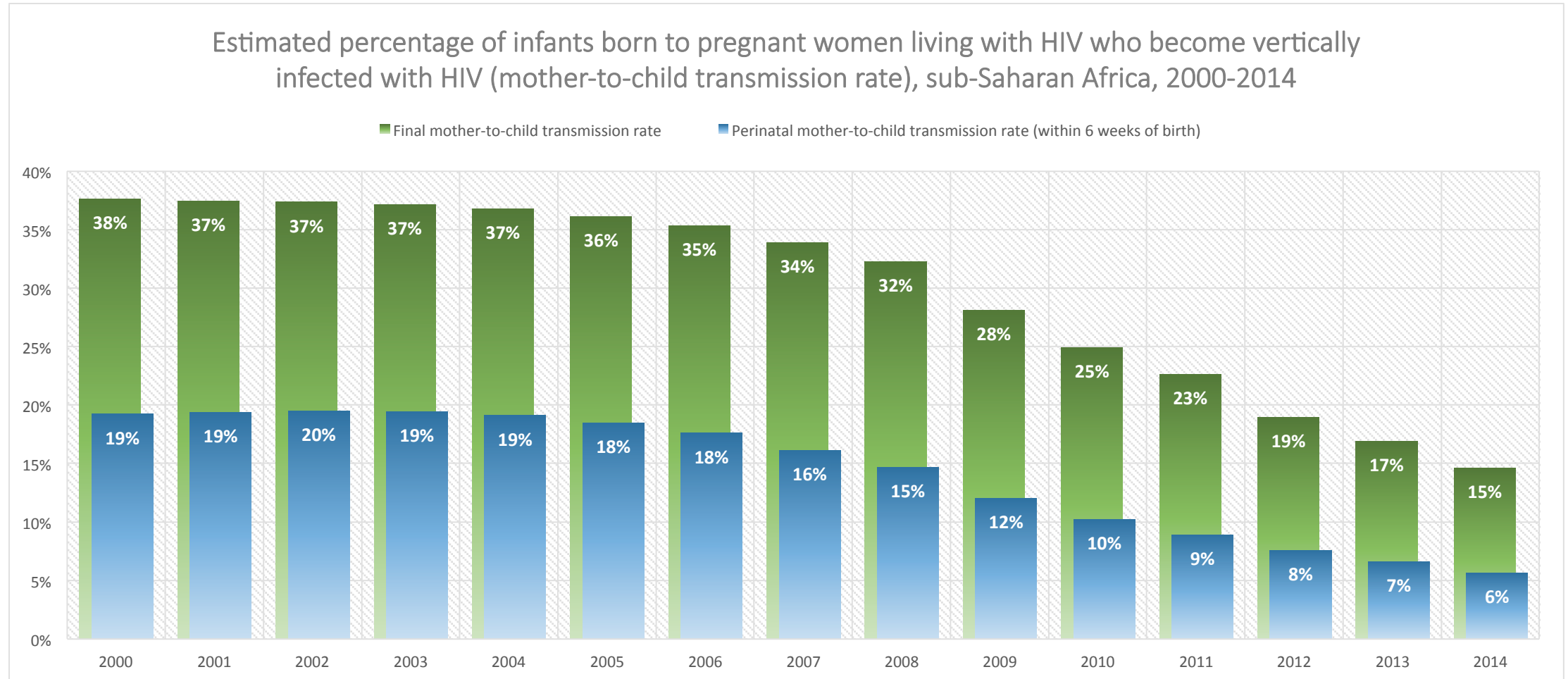
Why is this important:

- Transmission timeline – without any intervention



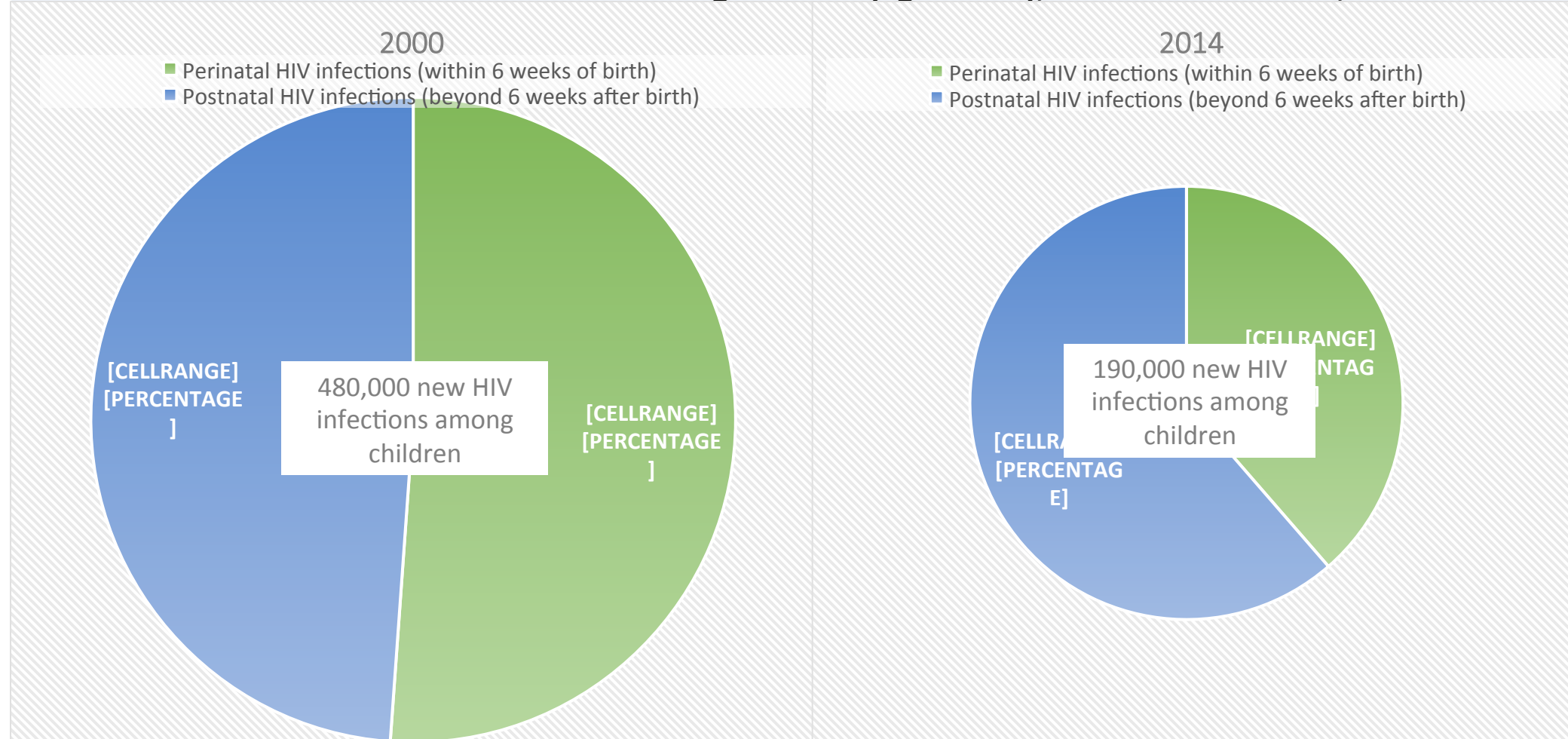
- Transmission can occur during pregnancy, labor & delivery, and postpartum during breast feeding
- Not all infants born to women living with HIV will acquire HIV infection
 - Estimated risk 25-45% without any intervention

Overall mother-to-child transmission of HIV has fallen by more than half in sub-Saharan Africa – from 38% in 2000 to 15% in 2014



New HIV infections among children seems to be increasingly concentrated in the postnatal period

Estimated number of new HIV infections among children (aged 0-14), sub-Saharan Africa, 2000 vs. 2014



Source: UNICEF analysis of UNAIDS 2014 HIV and AIDS estimates, July 2015.

What do data tell us?

- Monitoring ARV coverage during breastfeeding and the final assessment of the exposed infant's HIV status have been weak areas of monitoring the PMTCT cascade
- Intensify efforts to improve postnatal retention of mothers and babies
- New guidelines: breastfeeding period is 24 months and beyond
 - HIV-exposed infants need to be monitored for a longer period

Drawing on household survey data...

- Breastfeeding practices:
 - General population:
 - Majority of children aged 20-23 months in sub-Saharan Africa (SSA) and in the 21 priority countries of the Global Plan (towards elimination of new HIV infections among children) are being breastfed at age 2
 - Median duration of any breastfeeding among SSA and the 21 priority countries of the Global Plan is 21 months
 - **If we assume that the breastfeeding practice and duration are not very different among HIV negative and HIV positive mothers, risk of HIV infection during the postpartum period extends beyond 24 months**

What do data tell us?

- continued

- Opportunities exist for monitoring and continuously testing HIV exposed infants/children through the risk period:
 - Testing of HIV exposed infants: at 2 weeks; 6 months; continue to test till final outcome status is ascertained at 6 weeks after cessation of breastfeeding
 - Opportunities through routine immunization:
 - Child's first year: DPT3 coverage was nearly 80% in SSA (2014)
 - Child's second year: MCV2 coverage was only 10% in SSA (2014)
 - Reduced engagement with health systems in the second year
 - Beyond 24 months, there are fewer routine opportunities (i.e., scheduled appointments) to expect mothers to seek health service for her infant
 - Other opportunities include treatment of other infections and conditions (pneumonia, nutritional deficiencies, malaria, TB, etc.)

What we need to know from routine M&E systems?

– what are currently reported; what are gaps?

Indicators (selected programme indicators for prevention of mother-to-child transmission/WHO Consolidated Strategic Information Guidelines for HIV in the Health Sector, 2015)	Reporting status
Number of HIV-exposed infants who initiated ARV prophylaxis at birth	Majority of countries currently report
Number of HIV-exposed infants started on CTX prophylaxis within 2 months of birth	Majority of countries currently report
% of HIV-exposed infants receiving a virological test for HIV within 2 months of birth	Majority of countries currently report
Number and % of HIV-positive breastfeeding women retained on treatment at (6 and) 12 months after initiating ART (also recommended at 24, 36, 48, 60 months)	Countries are currently reporting the indicator but not disaggregated by breastfeeding status
Number and % of HIV-exposed breastfeeding infants whose mothers are receiving ART at 3 months (and 12 months) postpartum	Currently not captured (new indicator)
Final MTCT transmission rate (% of HIV-infected among HIV-exposed infants born in the past 12 months)	Currently based on models; we prefer this is captured from programme records (long term)
<p>% distribution of HIV-exposed infants by final outcome status</p> <p>*requires determination of cessation of breastfeeding</p> <p>*the end-point may be any time up to 24 months or beyond according to the new guidelines; system needs to be set up to track HIV-exposed infants and their breastfeeding status over longer period of time across multiple entry-points/service delivery points</p>	Currently based on models; we prefer this is captured from programme records (long term)

Suggestions and Conclusion

- Discussion in countries through TWGs across departments within HIV programme as well as across other health programmes (including immunization, nutrition, etc.)
- Opportunity to further enhance HIV - Health - Nutrition sectors' work coming together and thereby contribute to health system strengthening and achieve HIV-free survival and better outcome for children
- Technical support/assistance needs



2015 HIV and Infant Feeding Guidelines: Implications for monitoring and evaluation

Priscilla Idele, PhD
Data & Analytics Section
UNICEF New York

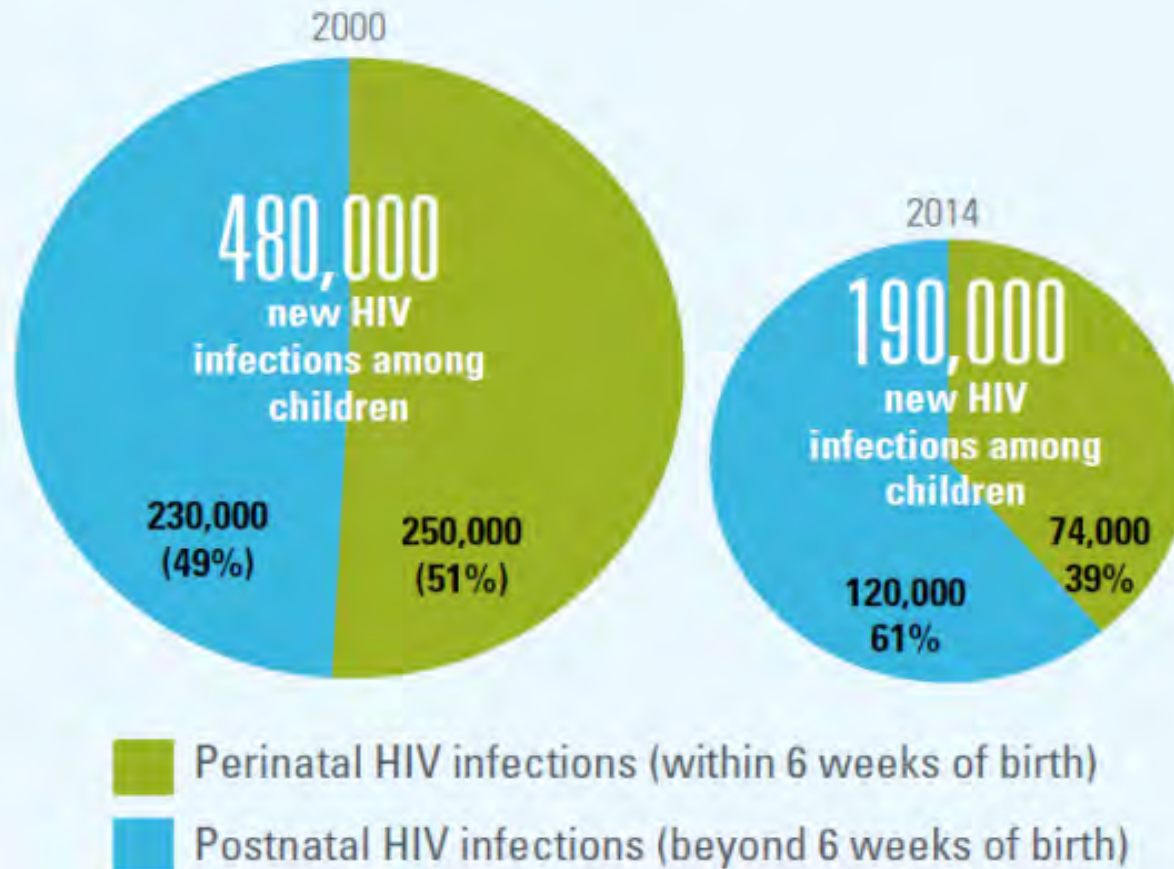


Why monitor HIV and infant feeding?

- Infant feeding practice, especially in the first 6 months of life, greatly impacts child survival
- For mothers living with HIV, feeding practice also has implications for HIV transmission, especially in the absence of ARVs
- For breastfeeding mothers living with HIV, retention and adherence to ART to the end of breastfeeding is key in determining final HIV outcome of the child (HIV-free survival)

New HIV infections among children seem to be increasingly concentrated in the postnatal period

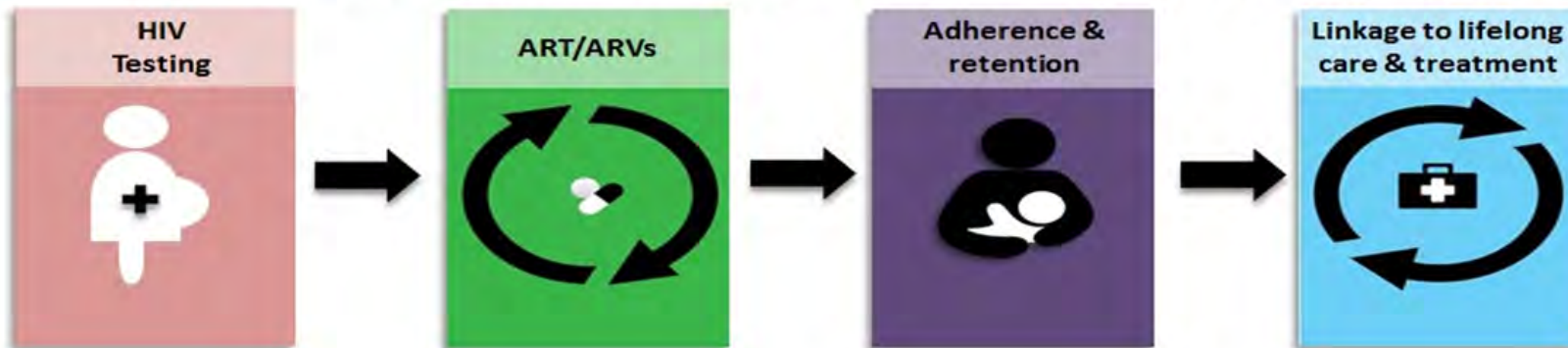
Estimated new HIV infections among children (aged 0–14), sub-Saharan Africa, 2000 versus 2014



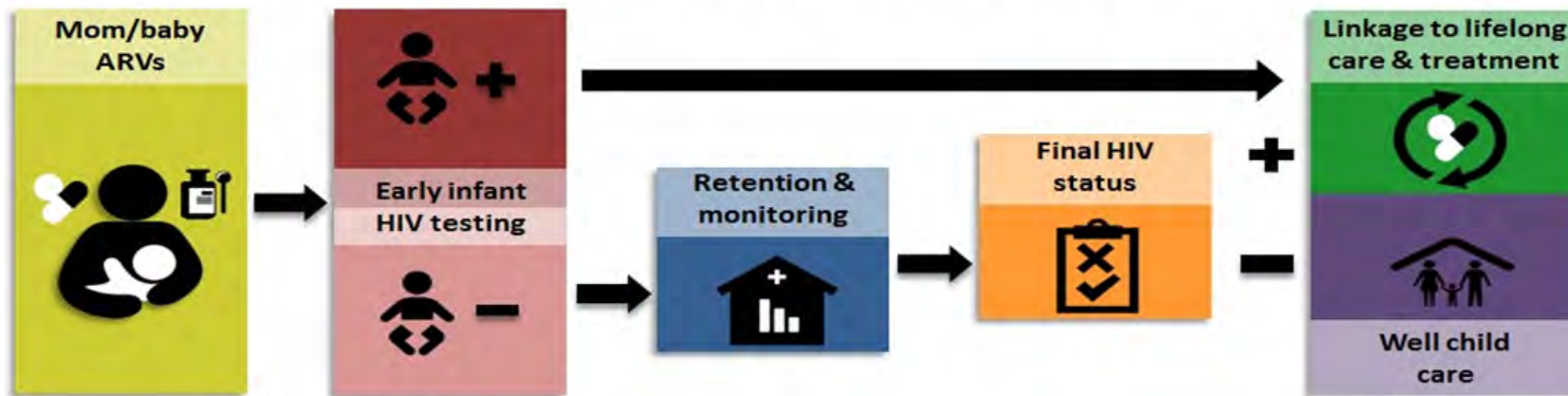
Source: UNICEF analysis of UNAIDS 2015 HIV and AIDS estimates

Long-term monitoring during breastfeeding period is important

PMTCT Care Continuum: Pregnant & Breast Feeding Women



PMTCT Care Continuum: Infants



Outcomes (indicators) of interest during breastfeeding period

Maternal

- Coverage of ART/ARVs
- Maternal retention in ART
- Viral suppression
- Maternal survival by HIV status (morbidity and death)
- Mother to child transmission rates (perinatal and postnatal)

Infants and children

- HIV-exposed infant retention in care
- HIV testing – early infant diagnosis & testing at different time points
- Number of new HIV infections among children
- Coverage of ART among HIV+ children
- Retention in ART for children
- HIV free survival (at the end of breastfeeding period)
- Viral suppression
- Child survival by HIV status (morbidity and death)

Other important infant and young child feeding indicators

- Duration of breastfeeding
- Feeding practice e.g. exclusive breastfeeding or mixed feeding or replacement feeding
- Infant and maternal nutritional status

Data availability & gaps

Indicators	Source (population level)	Comments
<ul style="list-style-type: none"> Duration of breastfeeding Feeding practice Nutritional status 	Household surveys e.g. MICS & DHS	Not often disaggregated by HIV status
<ul style="list-style-type: none"> Maternal and paediatric ART; Early infant HIV diagnosis 	Routine programme data for numerators and modelled estimates for denominators	Available for most countries
<ul style="list-style-type: none"> Retention on ART for women and children 	Routine programme data	Most countries report for all people on ART & not disaggregated by age and pregnancy or breastfeeding status
<ul style="list-style-type: none"> New child HIV infections; Mother-to-child transmission rates (perinatal & postnatal) 	<ul style="list-style-type: none"> Currently modelled estimates based on various epidemiological and demographic assumptions, e.g. Spectrum Some countries have conducted health facility surveys to measure perinatal transmission rates 	<p>Accuracy of estimates is as good as the inputs used</p> <p>Surveys are resource intensive and time consuming (South Africa, Zimbabwe)</p>
<ul style="list-style-type: none"> HIV-free survival (final outcome at end of breastfeeding period) 	<ul style="list-style-type: none"> Impact studies using retrospective or prospective cohorts Analysis of routine infant & child HIV testing data 	A few countries e.g. South Africa, Rwanda

Overall, limited use of routine data for assessing PMTCT outcomes and impact

Some considerations for country M&E systems

- Mother-infant pair retention and adherence to treatment during the postnatal period is critical for achievement of HIV-free survival outcomes and impact
- Integration of ART, MCH, nutrition and other maternal and child health services is an opportunity to improve retention for HIV-exposed infants and children until the end of the breastfeeding period
- Effective monitoring of retention for mothers and infants requires adapting patient registers and forms to allow for longitudinal (long-term) follow-up and cohort monitoring

Some HIV monitoring guidance

